



Love One Today[®] Sheet-Pan Roasted Halibut with Avocado Romesco, Broccolini and Potatoes



RECIPE DESCRIPTION: Include the names of some of the ingredients, the type of dish (sandwich, smoothie, snack, breakfast, etc.) and meal occasion whenever possible, along with flavor descriptors. A minimum of 50 words is ideal. Sentence case.

Uplevel the taste and nutrition of baked fish by topping with this avocado-based spin on traditional Romesco sauce, a Spanish favorite. Savor in each bite how creamy avocado complements the bold tomato and roasted pepper flavors. Boost satisfaction, color, and nutrition with additional slices of fresh avocado on top. Fiber-containing foods like avocados help drive a feeling of fullness but with fewer calories.

RECIPE TIMES:

Cook Time: 25 minutes

Prep Time: 20 minutes

Total Time: 45 minutes

RECIPE SERVING SIZE: 1 piece fish and ¼ cup vegetables

NUMBER OF SERVINGS: 4

INGREDIENTS:

1 lb. baby potatoes, rinsed and cut into 1 ½-inch pieces
2 Tbsp. extra-virgin olive oil, divided
½ tsp. ground black pepper, divided
¾ lb. fresh broccolini, stems peeled and trimmed
1 Tbsp. fresh thyme leaves, chopped
3 ½ tsp. red wine vinegar, divided
¾ tsp. salt, divided
½ tsp. smoked paprika, divided
4, 5-oz. halibut, cod or other white fish filets, bones and skin removed
1 cup (6 oz. jar) water-packed roasted red peppers, drained
1 ripe, fresh avocado, halved, pitted, peeled and divided
¼ cup oil-packed sundried tomatoes, drained and chopped
¼ cup toasted almonds or hazelnuts, chopped
1 garlic clove, chopped

INSTRUCTIONS:

Adjust oven rack to middle position. Preheat oven to 450°F.

Combine potatoes, 2 tsp. oil and ¼ tsp. black pepper in a large bowl. Transfer onto a large, parchment-lined baking sheet. Bake potatoes for 15 to 20 minutes, until browned and tender.

Meanwhile, combine broccolini, 2 tsp. oil and ¼ tsp. black pepper, set aside.

Combine thyme, 2 tsp. red wine vinegar, 2 tsp. olive oil, ½ tsp. salt and ¼ tsp. smoked paprika, brush mixture onto fish.

Remove baking sheet from oven and push potatoes to one side, taking up about 1/3 of the sheet. Place broccolini on the center third of the sheet and the fish on the remaining third. Return baking sheet to the oven for 10 minutes or until the fish is opaque at the center, broccolini is bright green and slightly charred, and potatoes are very tender.

Combine roasted red peppers, half of the avocado, sundried tomatoes, almonds, 1 ½ tsp. red wine vinegar, garlic, ¼ tsp. smoked paprika, and ¼ tsp. salt. Process to make a rustic sauce (not perfectly smooth). Add more vinegar to taste, as needed.

Top fish with Avocado Romesco Sauce and serve with slices of remaining avocado, potatoes and broccolini. Garnish with fresh thyme leaves if desired.

FULL NUTRITION LABEL:

Nutrition Facts	
4 servings per container	
Serving size	
1 piece fish and 1/4 vegetables	
(412g)	
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 240mg	10%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	56%
Vitamin D 5.4mcg	25%
Calcium 90mg	8%
Iron 2.8mg	15%
Potassium 1620mg	35%
Vitamin A 1030mcg	110%
Vitamin C 120mg	130%
Vitamin E 3.8mg	25%
Vitamin K 15mcg	10%
Thiamin 0.3mg	20%
Riboflavin 0.3mg	25%
Niacin 10.4mg	60%
Vitamin B6 1.1mg	60%
Folate 130mcg DFE	30%
Vitamin B12 1.2mcg	50%
Pantothenic Acid 1.7mg	35%
Phosphorus 450mg	35%
Magnesium 105mg	25%
Zinc 1.6mg	15%
Selenium 56mcg	100%
Copper 0.4mg	40%
Manganese 0.6mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	